MODEL VRF-46344A
ART. NO. 86-46344

ELECTRIC COOKER

MONTGOMERY WARD Our Best

5½ QT. CROCKERY SLOW COOKER

RECIPE BOOK
& INSTRUCTIONS
FOR USE AND CARE

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INTRODUCTION TO SLOW COOKING

Crockery slow cooking with low-watt heating surrounds the food to bring it gently to cooking perfection. Your Slow Cooker does NOT heat from the bottom. The heating elements are located around the sides, eliminates scorching, there is less chance for over-cooking or shrinking of meats.

Your Slow Cooker has a two heat setting: Low – 90 Watts, and High – for faster cooking, has 170 Watts.

No turning or stirring, no adjusting heat, no timing to the minute is required. Set the wattage desired, cook slowly, even all day, it's perfectly safe because of the low wattage. You may use your Slow Cooker also as a server.

Because of thicker wall construction, and even side distribution of heat, the highly glazed cockery helps keep natural flavor and juices in. The following reasons are why a Slow Cooker will be so valuable to you:

- Low temperature cooking gives better flavor from food.
- Low temperature cooking makes food more tender.
- Low temperature cooking makes meats juicier because less moisture evaporates.
- Low temperature cooking saves money since there is less weight loss and you may use less expensive cuts.
- Low temperature cooking uses less electricity, so you save money.

NOTE:

Because Stoneware Crockery is fired under extreme heat, each Crockery Pot is individual and differs slightly from one to another. This characteristic can result in minor rocking of a lid. Since low heat cooking does not allow escape of steam, there will be no significant loss of juices, flavor, or nutrition, if the lid does not fit securely.

IMPORTANT SLOW COOKING HINTS

Vegetables may be cut in small pieces or quartered and placed near sides or bottom of pot. Carrots should be peeled and placed where they will be covered by liquid. Most meats in slow cooking generally cook faster than most vegetables depending on the age of vegetables.

For best results, your Slow Cooker should always be at least half filled. Since a little goes a long way in Crockery cooking, you may reduce quantities of vegetables such as onions and carrots, along with fresh spices to fit your personal taste.

Because vegetables differ in size, such as potatoes or carrots, you will want to adjust quantity depending on the size vegetable you will be using. Likewise, you should adjust any recipe for fowl depending on the size of legs, breasts, or quarters.

Your empty Crockery Cooker can be turned on High to preheat while you are gathering the ingredients for a recipe and preparing for cooking. It is a good way to start up on longer cooking selection.

The ingredients on some recipes may be increased since your Slow Cooker is a large family size capacity. Cooking times will remain the same. The quantity of meats may be increased in all recipes with liquid and vegetables remaining the same.

To keep top of meats and vegetables moist when cooking, use a small tent of aluminum foil directly on top of food.

HIGH & LOW TEMPERATURE SETTINGS

One hour on High is approximately equal to 2½ hours on Low (see recommended time with each recipe). Low is the best setting most of the time. Some recipes call for High because of the nature of the food, and to obtain the best consistency for that particular dish. High, also, comes in handy to speed the cooking time. Example: A recipe says cook 10 to 12 hours on Low. If you can't start this Slow Cooker until noon, turn to High for about 2 hours and then to Low for 6 hours.

STIRRING

Stirring is not needed. However, with using High for short periods, occasional stirring improves the distribution of flavor throughout the recipe.

GRAVY

You may make gravy in your Slow Cooker. Add some minute tapioca to any recipe when you wish a thick gravy, it will thicken as it cooks. You may remove foods from the pot leaving the juices. Preparing a smooth paste of approximately ¼ cup of flour or corn starch and ¼ cup of water, pour mixture into liquid in the Slow Cooker and stir well. Turn to High, when it comes to a boil (about 15 minutes) it is ready.

LIQUIDS

If you have a recipe that cooks more liquid than desired, remove the cover, set the control on High for about 45 minutes. Most recipes cooked on Low will be juicier since the low heat prevents boiling away of flavorful liquids. We recommend a small amount of water because the gravies are especially tasty. The more fat "or marbleized" the meat has, the less liquid is needed.

Because of voltage variation or altitude changes, or extreme humidity, the cooking time can be slightly altered in your Slow Cooker. Since you can not overcook, allow plenty of time. Through experience you will learn to use shorter or longer times given.

Rice, noodles, macaroni, sea food, Chinese vegetables, and milk do not hold up well when cooked 8 to 10 hours. Add these to sauce or liquid about 2 hours before serving (1 hour on High). Evaporated milk may be used instead of homogonized milk when cooking all day. To use fresh milk, shorten cooking time, make a white sauce before addition to Slow Cooker or add only during last hour of cooking.

All ingredients of most recipes can be put in the pot at the same time. Always try to add liquid or sauces last.

Browning or sauteeing of meats and vegetables before putting them into the Slow Cooker is not necessary except to remove excess fats from meats. If in doubt, go ahead and brown meat in a single recipe as directed.

CARE & CLEANING

CAUTION:

Never submerge Slow Cooker in water.

As soon as possible after emptying your Slow Cooker, fill Crockery well with hot soapy water to loosen food remains. DO NOT USE ABRASIVE CLEANING COMPOUNDS. A cloth, sponge, or rubber spatula will usually remove the residue. If necessary, a plastic cleaning pad may be used inside of Crockery well only.

If persistent stains accumulate, they may be removed and finish restored with Dip It or a Teflon cleaner. Use 3 or 4 tablespoons of cleaner with enough hot water in Crockery well to cover stains. Set on High for two hours (or over night on low) rinse well and dry. If a slight discoloration appears inside of the pot, it may be alleviated by wiping the Slow Cooker with a little vegetable oil to restore the sparkling appearance.

Always clean outside of pot with a soft cloth and warm soapy water. Wipe dry. DO NOT USE ABRASIVE CLEANERS ON OUTSIDE.

Extreme care should be taken to avoid hitting the Crockery Pot against water faucets as all Crockery (Stoneware) can be broken by a sharp blow.

As with any fine ceramic (Stoneware) Crockery will not withstand the sudden shock of temperature changes so:

- Do not put in frozen, or very cold foods if the Stoneware has been pre-heated or is hot to the touch.
- Do not wash your Slow Cooker right after cooking, unless the water you pour in it is hot.
- Do not use the Slow Cooker as a container for storing foods in the refrigerator.

MEATS

POT ROAST OF BEEF

3-4 pound brisket, rump roast, or pot roast
2-3 potatoes
2-3 carrots
1-2 onions
½ cup water or beef consomme
Salt and pepper to taste

Put half of vegetables in bottom of Cooker. Salt and pepper meat, then put in pot. Add remaining vegetables, liquid and salt and pepper. Cover and cook on Low for 10 to 12 hours. (High: 5 to 6 hours) Remove meat and vegetables with spatula.

VARIATIONS

French: Omit carrots and potatoes. Add 1 cup fresh sliced mushrooms (or 8-ounce can), 1 pound small peeled onions, and 1 cup red wine.

German Style: Add 3-4 medium dill pickles and 1 teaspoon dill weed to above recipe.

Italian: Add 1 8-ounce can tomato sauce, 1 teaspoon oregano and 1 teaspoon basil to basic roast beef recipe.

Without Vegetables: Season roast with salt, pepper and any other favorite seasonings. Add no liquid. Cook as directed for Pot Roast of Beef.

BEEF STEW

3 carrots, cut up
3 potatoes, cut up
2 pounds beef chuck or stew meat, cut in 1½-inch cubes
1 cup water or beef stock
1 teaspoon Worcestershire sauce
1 clove garlic
1 bay leaf
1 tablespoon salt
½ teaspoon pepper
1 teaspoon paprika
3 onions, quartered
1 stalk celery with tops, cut up

Put all ingredients in Cooker in order listed. Stir just enough to mix spices. Cover and set to Low for 10 to 12 hours. (High: 5 to 6 hours).

POT-ROASTED PORK

4-5 pound loin end pork roast
Salt and pepper
1 clove garlic, sliced
2 medium onions, sliced
2 bay leaves
1 whole clove
1 cup hot water
2 tablespoons soy sauce

Rub pork roast with salt and pepper. Make tiny slits in meat and insert slivers of garlic. Place roast in broiler pan and broil 15 to 20 minutes to remove excess fat.

Put 1 sliced onion in bottom of Cooker. Add browned pork roast and remaining onion and other ingredients. Cover and cook until done – Low 10 to 12 hours. (High: 4 to 5 hours).

To thicken gravy: Remove roast to serving platter. Blend 2 tablespoons cornstarch with 2 tablespoons cold water to form smooth paste. Set on High and pour in paste. Stir well and let come to boil – about 15 minutes – until thickened.

SPARERIBS - CABBAGE 'N KRAUT

3-4 pounds lean pork spareribs, cut in serving pieces
Salt and pepper
1 small can sauerkraut
½ small head cabbage, thinly sliced
1 large onion, thinly sliced
1 apple, quartered, cored and sliced
1 teaspoon caraway seeds or dill weed
1 cup water
1 teaspoon salt

Sprinkle spareribs with salt and pepper. Brown spareribs for 30 minutes in heavy skillet or broiler pan. Put alternate layers of spareribs, sauerkraut, cabbage, onion and apple in Cooker. Add caraway seeds or dill weed to water and pour over all. Cover and set to Low for 6 to 8 hours. (High: 4 to 5 hours. Stir several times during cooking, when using High only.)

NOTE: May be prepared using all sauerkraut or all cabbage, if desired.

BRISKET DINNER

5 pound fresh brisket, well trimmed
1 large onion, chopped
1 large carrot, chopped
2 teaspoons salt
1 bay leaf
1 cup water
½ teaspoon whole thyme
1 pound small boiling onions, peeled
6 medium-sized carrots, cut in strips about ¼-inch thick

Cut brisket in half or roll to fit into Cooker. Add chopped onion, chopped carrot, salt, bay leaf, thyme and water. Cover and cook on Low for 10 to 12 hours. When meat is done, lift gently from stock supporting underneath with spatula; keep warm. Add small onions and carrots to stock in Cooker. Cover and set to High for 1 to 2 hours. Remove vegetables from broth with slotted spoon and arrange around meat.

HUNGARIAN GOULASH

2 pound round steak, cut in ½-inch cubes
1 cup chopped onion
1 clove garlic, minced
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
1 tablespoon paprika
¼ teaspoon dried thyme, crushed
1 bay leave
1 can tomatoes (1 pound-12 ounce)
1 cup sour cream

Put steak cubes, onion, garlic in Cooker. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low for 7 to 10 hours. Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 5 to 6 hours, stirring occasionally). Serve over hot buttered noodles.

STUFFED GREEN PEPPERS

6 small green peppers, tops removed and seeded
1 pound ground ham (approx. 3 cups)
1/3 cup raw rice
2/3 cup water
½ cup chopped onion
½ teaspoon salt
¼ cup ketchup
1 cup ketchup
½ cup water
4 carrots, peeled and cut in 3-inch pieces

Wash green peppers, drain well. Salt cavity lightly. Combine in medium bowl: ground ham, rice, water, onion, salt and ¼ cup ketchup. Mix well. Stuff green peppers 2/3 full. Arrange stuffed peppers in Cooker (may be stacked) with carrot pieces to help support peppers. Pour in ketchup and water. Cover and cook on Low for 6 to 8 hours. (High: 3 hours) Serve on a bed of rice and pour tomato sauce over top.

HEARTY BEEF STEW

2 pounds stew beef, cut in 1-inch cubes
5 carrots, cut in 1-inch pieces
1 large onion, cut in chunks
3 stalks celery, sliced
1 large size can tomatoes
½ cup quick-cooking tapioca
1 whole clove (or ½ teaspoon ground clove)
2 bay leaves
Salt and pepper to taste

Trim all fat from meat. Put all ingredients in Cooker. Mix thoroughly. Cover and cook on Low 12 hours. (High: 5 to 6 hours).

SPICY BRAISED HAM

2 to 2½ pound smoked boneless pork shoulder butt
2 cups water
6 whole cloves
1 bay leaf
4 whole peppercorns
1 stalk celery, cut up
1 carrot, pared and sliced

Put all ingredients in Cooker. Cover and cook on Low 6 to 8 hours. (High: 3 to 4 hours). Drain and serve.

Spicy Ham Platter: Slice cooked ham butt ½-inch thick and place in shallow baking pan. Cover with glaze consisting of a 10 ounce jar of currant jelly, 3 tablespoons fresh horseradish and ½ teaspoon prepared mustard which has been heated and mixed until smooth. Bake uncovered about 30 minutes.

PORK CHOPS

6 to 8 lean pork chops 1-inch thick
½ cup flour
1 tablespoon salt
1½ teaspoon dry mustard
½ teaspoon garlic powder
2 tablespoons oil
1 can chicken and rice soup

Dredge pork chops in mixture of flour, salt, dry mustard and garlic powder. Brown in oil in large skillet. Place browned pork chops in Cooker. Add can of soup. Cover and cook on Low for 6 to 8 hours. (High: 3½ hours.)

SWISS STEAK

2 pounds round or Swiss steak cut 3/4-inch thick
Salt and pepper to taste
1 large onion, thinly sliced
1 can tomatoes (1 pound)

Cut round steak into serving pieces; season with salt and pepper and place in Cooker with sliced onion. Pour tomatoes over all. Cover and set to High for 1 hour then turn to low for 8 to 10 hours.

Creamy Swiss Steak: Follow recipe for Swiss Steak substituting 1 can mushroom soup (10 ounces) and ½ can water for tomatoes. Spread evenly over top.

BOURBON 'N BEEF ROAST

4 potatoes, peeled and quartered
2 carrots, pared and cut in 3" pieces
2 stalks celery, cut up
4-5 pound rolled roast
1 bay leaf
½ teaspoon basil
4 ounces bourbon
¼ cup water

Put all ingredients in Cooker. Cover and cook on Low for 10 to 12 hours. (High: 5 to 6 hours).

ROUND STEAK CASSEROLE

2 pounds round steak, cut ½-inch thick
Garlic salt, salt, pepper
1 onion, thinly sliced
3 to 4 potatoes, peeled and quartered (optional)
1 can french-style green beans, drained
1 10-ounce can tomato soup
1 pound can tomatoes (peeled and whole)

Season round steak lightly with garlic salt, salt, and pepper. Cut into serving pieces and place in Cooker with sliced onion which has been separated into rings. Add potatoes and green beans. Top with tomato soup and tomatoes. Cover and cook on High 1 hour then turn to Low for 8 hours. Remove cover during last half-hour if too liquid.

BARBECUE MEATS

Place seasoned and cut-up chicken, ham, pork chops, or rabbit in Cooker. Pour a little barbecue sauce on each piece. Add no water. Cover and cook until done - about 8 hours on Low.

NOTE: For added flavor, put cooked meat on heat-proof platter; pour remaining sauce and drippings over top. Place under broiler for 5 to 10 minutes.

BRAISED SHORT RIBS

3 pounds beef short ribs
Salt and pepper
Flour
2 medium onions, sliced
1 cup water

Roll short ribs in seasoned flour (about 1 cup flour, 1 teaspoon salt and ½ teaspoon pepper). Brown well in large skillet. Put browned ribs in Cooker, add sliced onions and water. Cover and cook on Low for 7 to 10 hours. (High: 4 to 6 hours).

Remove meat to platter and thicken gravy, if desired.

BARBECUE RIBS

3-4 pounds spareribs
Salt and pepper
1 onion
1 16-ounce bottle of smokey barbecue sauce (or 2 cups homemade sauce)

Sprinkle ribs with salt and pepper. Place ribs in broiler pan under broiler for 30 minutes to brown and remove excess fat.

Slice ribs into serving pieces and put in Cooker. Add onion and pour in barbeque sauce. Cover and cook on Low for 6 to 8 hours. (High: 3 to 4 hours).

CORNED BEEF AND CABBAGE

3 carrots, cut in 3-inch pieces
3-4 pound corned beef brisket
2-3 medium onions, quartered
Cabbage, cut in small wedges
1-2 cups water

Put all ingredients in Cooker in order listed. Cover and set to Low for 12 to 24 hours. (High: 7 to 10 hours). Push cabbage wedges down into liquid after 5 to 6 hours (Low) or 2 to 3 hours (High).

NOTE: Vegetables may be varied, or omitted for plain corned beef.

CABBAGE: To prepare more cabbage than Cooker will hold with large brisket, cook it separately in skillet. Remove 1 cup of broth from Cooker during last hour of cooking. Pour over cabbage wedges in skillet. Cover and cook slowly for 20 to 30 minutes.

IRISH STEW

2 pounds boneless lamb shoulder or breast, cubed
2 teaspoons salt
¼ teaspoon pepper
2 cups water
1 small bay leaf, whole
2 medium carrots, peeled and cut in ½-inch slices
2 small onions, thinly sliced
3 to 4 medium potatoes, peeled and quartered (or 2 cans new whole potatoes)
1 10-ounce package frozen peas or mixed vegetables
¼ cup quick tapioca to thicken stew (optional)

Season cubed lamb with salt and pepper. Place in Cooker alternating layers of meat, carrots, onions, and potatoes. Add remaining ingredients except peas (omit tapioca if you don't want gravy thickened). Cover and cook on High for 1 hour, then turn to Low 10 to 12 hours. Add peas during last 1 to 2 hours of cooking.

VEAL SCALLOPINI

2 pounds veal cubes (shoulder or shank)
3/4 cup flour mixed with 1 teaspoon salt and
¼ teaspoon pepper
¼ cup oil
4-ounce can sliced mushrooms, drained
2 small onions, thinly sliced
1½ teaspoons salt
1 teaspoon sugar
½ teaspoon whole oregano
1 small clove garlic, minced
1-pound 14-ounce can tomatoes

Roll veal cubes in seasoned flour and fry in hot oil until well browned. Put into Cooker. Add all remaining ingredients. Stir together well. Cover and cook on High for 1 hour, then on Low for 6 to 8 hours. Serve over rice or fettucini.

GROUND MEATS

HAMBURGER CASSEROLE

2 large sized potatoes, sliced
2-3 medium carrots, sliced
1 No. 2 can peas, well drained
3 medium onions, sliced
1½ pounds lean ground beef, browned
2 stalks of celery, sliced
1 10-ounce can tomato soup
1 10-ounce can water

Place layers of the vegetables in the order given in Cooker. Season each layer with salt and pepper. Put the lightly browned ground beef on top of the celery. Mix the tomato soup with the water and pour into Cooker. Cover and set to Low for 6 to 8 hours. (High: 2 to 4 hours, stirring occasionally).

TEXAS HASH

2 pounds ground chuck or beef
2 medium onions, chopped
2 green peppers, chopped
2 1-pound cans tomatoes
1½ teaspoons chili powder
2½ teaspoons salt
2 teaspoons Worcestershire sauce
1 cup raw rice (long-grain)

Brown beef in skillet and drain off fat. Put all ingredients in Cooker. Stir thoroughly. Cover and cook on Low 6 to 8 hours. (High: 4 hours).

GROUND BEEF STROGANOFF

2 pounds ground beef
2 medium onions, chopped
2 cloves garlic, minced
Small can sliced mushrooms drained
2½ teaspoons salt
¼ teaspoon pepper
1 cup consomme or bouillon
3 tablespoons tomato paste
1½ cups sour cream mixed with 4 tablespoons flour

Brown ground beef in large skillet; add onions, garlic and mushrooms. Saute until onion is golden brown. Put in Cooker with all remaining ingredients. Stir thoroughly. Cover and cook on Low 6 to 8 hours. Serve over hot buttered noodles or rice.

SLOPPY JOES

3 pounds ground chuck or hamburger
2 onions, finely chopped
1 green pepper, seeded and chopped (optional)
2 8-ounce cans tomato sauce
1 8-ounce can water
2 packages sloppy joe seasoning mix (optional)
Salt to taste

Brown ground meat in skillet; pour into colander and rinse well. Put into Cooker – add onions, green pepper, tomato sauce and water. Stir thoroughly. Salt to taste. Cover and cook on Low 8 to 10 hours. (High: 5 hours).
NOTE: If too liquid, remove cover and set on High for 30 minutes.

SPANISH RICE

1½ cups raw long grain rice
½ cup olive oil, butter or margarine
1½ cups tomato juice
1½ cups water
1 onion, chopped
1 green pepper, chopped
1½ teaspoons salt
1 pound hamburger or sausage, fried and drained (optional)

Saute raw rice in oil until golden brown. Place in Cooker with all remaining ingredients. Stir well. Cover and cook on Low for 4 to 6 hours. (High: 2 to 3 hours).

SPAGHETTI

1 pound ground beef
1 tablespoon instant minced onion
1½ teaspoons salt
½ teaspoon garlic powder
½ teaspoon dry mustard
¼ teaspoon each: mace, allspice and pepper
4 ounces dry spaghetti (1½ cups) broken in 4-5" pieces
8-ounce can tomato sauce
4-ounce can mushrooms
3 cups tomato juice

Brown ground beef well in skillet and place in Cooker. Add all remaining ingredients; stir well. Cover and cook on Low for 6 to 7 hours. (High: 3½ hours).

MEAT LOAF

1½ pounds ground chuck
1 egg, beaten
¼ cup milk
1½ teaspoons salt
2 slices bread, crumbed
½ small onion, chopped
2 tablespoons each: chopped green pepper and celery
4-6 potatoes, cut-up
ketchup

Mix egg, milk, salt and bread crumbs; allow to soften. Thoroughly combine with ground chuck and chopped vegetables. Shape into loaf and place in Cooker. Top with ketchup and green pepper rings. Place potatoes at the sides of loaf. (If potatoes are peeled, coat with butter to keep from darkening).

Cover and set to High for 1 hour then turn to Low for 8-9 hours.

MEATBALLS IN BAR-B-Q SAUCE

SAUCE: Prepare first and put in Cooker to simmer while preparing meat balls.

½ pound butter or margarine
1 cup vinegar
½ medium onion, chopped
1½ teaspoons sugar
1 cup ketchup
½ cup water
1 teaspoon dry mustard
1 clove garlic, minced
Juice from ½ lemon

Turn Cooker to High while preparing sauce. Put all ingredients in pot; stir together well. Leave simmering until meatballs are ready.

MEATBALLS:

2 pounds ground beef
2 teaspoons monosodium glutamate
2 teaspoons salt
1 small onion, finely chopped
1 cup soft bread crumbs
½ cup milk

Mix together all ingredients and form into 1-inch meatballs or small hamburger patties. Place on broiler rack and bake in 400° oven for 10 to 15 minutes. Put browned meatballs (or patties) into Cooker with sauce. Cover and cook on Low for 4 to 6 hours.

CASSEROLES

CHEESE AND POTATO CASSEROLE

2 pound package frozen hashed brown potatoes (partly thawed)
2 10-ounce cans Cheddar cheese soup
1 13-ounce can evaporated milk, undiluted
1 can French fried onion rings
Salt and pepper

Combine frozen vegetables, soup, milk, and half the onion rings. Pour into greased Cooker. Add salt and pepper to taste. Cover and cook on Low 8 to 9 hours. (High: 4 hours). Sprinkle remaining onion rings over top before serving. NOTE: Recipe may be cut in half, if desired. Cooking times are the same.

TUNA NOODLE CASSEROLE

2½ cups dry noodles
1 teaspon salt
½ cup finely chopped onion
1 8-ounce can peas with liquid
1 can tuna
1 10-ounce can cream of mushroom soup
½ cup water
¼ cup almonds
½ cup shredded Swiss cheese (optional)

Put ingredients in Cooker in order listed. Cover and cook on High 2 to 3 hours. Stir occasionally. (Low: 6 to 8 hours).

CALIFORNIA PILAF

2 pounds ground beef
2½ cups water
2 8-ounce cans tomato sauce
1 green pepper, chopped
2 small garlic cloves, minced (optional)
1 small onion, chopped
2½ teaspoons salt
¼ teaspon pepper
2/3 cups ripe olives, sliced
1-1/3 cups raw rice (long grain)

Brown ground beef in skillet; drain off fat. Place ground beef and all remaining ingredients in Cooker. Stir well. Cover and cook on Low 5 to 6 hours. (High: 3 hours).

GREEN RICE CASSEROLE

1-1/3 cups evaporated milk
½ cup cooking oil
3 eggs
¼ small onion, minced
½ small carrot, minced (optional)
2 cups fresh parsley leaves, minced, or 1 10-ounce package frozen chopped spinach, thawed and drained
2 teaspoons salt
¼ teaspoon pepper
1 cup shredded sharp cheese
3 cups cooked long grain rice

In large bowl beat milk, oil and eggs together until well combined. Add all remaining ingredients; mix well. Pour into greased Cooker. Cover and cook on High for 1 hour, then set on Low for 4 to 6 hours. Stir during first hour of cooking. Recipe may be doubled, if desired.

CORN 'N HAM CASSEROLE

¼ cup butter or margarine
½ small green pepper, chopped
¼ cup flour
½ teaspoon paprika
3/4 teaspoon salt
¼ teaspoon pepper
1/8 teaspoon each: ground thyme and marjoram
½ teaspoon dry mustard
2 cups milk
1 8-ounce can cream-style corn
2 cups diced cooked potatoes (optional)
1 medium onion, chopped
2 cups diced cooked ham
1 cup shredded sharp Cheddar cheese

Melt butter in saucepan; add green pepper and saute. Stir in flour and seasonings. Gradually stir in milk and cook until thick. Add to Cooker with all remaining ingredients; stir well. Cover and cook on Low 6 to 8 hours.

SPINACH CASSEROLE

2 10-ounce packages frozen chopped spinach, thawed and drained
2 cups cream-style cottage cheese
½ cup butter, cut into pieces
1½ cups American cheese, cubed
3 eggs, beaten
¼ cup flour
1 teaspoon salt

Thoroughly combine all incredients in mixing bowl. Pour into greased Cooker. Cover and cook on High 1 hour, then turn to Low for 4 to 5 hours. Recipe may be doubled, if desired.

ONE POT DINNER

½ to 1-pound ground beef
3/4 pound bacon, cut in small pieces
1 cup chopped onion
2 cans (1-pound, 15-ounce size) pork and beans
1 can (1-pound) Kidney beans, drained
1 can (1-pound) butter limas, drained
1 cup ketchup
¼ cup brown sugar
1 tablespoon liquid smoke
3 tablespoons white vinegar
1 teaspoon salt
Dash of pepper

Brown ground beef in skillet; drain off fat and put beef in Cooker. Brown bacon and onions; drain off fat. Add bacon, onions and remaining ingredients to Cooker. Stir together well. Cover and cook on Low 4 to 6 hours.

SMOTHERED STEAK

1½ pounds chuck or round steak, cut in strips
1/3 cup flour
1 teaspoon salt
¼ teaspoon pepper
1 large onion, sliced
1-2 green peppers, sliced
1 pound can tomatoes
1 4-ounce can mushrooms, drained
2 tablespoons molasses (optional)
3 tablespoons soy sauce
1 10-ounce package frozen green beans, french-style (optional)

Put steak strips, flour, salt and pepper in Cooker. Stir well to coat steak. Add all remaining ingredients. Cover and cook on High 1 hour then turn to Low for 8 hours. (High: 5 hours). Serve with rice.

GREEN BEAN CASSEROLE

2 pounds fresh green beans, washed and cut-up
1 10½-ounce can cream of mushroom soup (undiluted)
1 can French-fried onion rings
1 cup grated Cheddar cheese
1 can water chestnuts, thinly sliced
Slivered almonds (optional)
Salt and pepper to taste
½ cup water

Spread in layers as listed above, making about three layers. Save enough French-fried onion rings to crumble and sprinkle over top about 20 minutes before serving. Add ½ cup water and cook on High for 7 to 10 hours, (Low: 12 to 18 hours). NOTE: If using frozen green beans, use 4 packages cut-up green beans. Cook on High 4 to 5 hours or on Low 8 to 10 hours.

GOURMET SPECIALS

BEER BRAISED BEEF

4 pounds beef chuck, cut in 2-inch pieces
½ cup flour
2 tablespoons salt
2 teaspoons paprika
1 teaspoon pepper
10 or 12 whole small onions, peeled
4 strips bacon, cut in small pieces
1 pound fresh mushrooms, sliced (or 2 8-ounce cans)
1 12-ounce can of beer
1 teaspoon sugar
1 tablespoon vinegar
2 teaspoons dried thyme, crushed
1 bay leaf

Thoroughly coat beef cubes with flour, salt, paprika, and pepper in large bowl or paper sack. Place onions, bacon and half of sliced mushrooms in Cooker. Add floured beef cubes and remaining half of mushrooms. Mix beer with sugar, vinegar, thyme and bay leaf. Pour into Cooker. Cover and cook on Low for 8 to 10 hours. Serve over noodles or rice.
NOTE: May be thickened if desired. Make a smooth paste of 3 tablespoons flour mixed in ½ cup water. Pour into beef mixture. Turn to High and allow to come to a simmer - about 10 minutes.

SPANISH PAELLA

1 3-pound chicken, cut up
2 cups water
1 cup long grain rice
2 cloves garlic, crushed
¼ cup olive oil or butter
¼ cup pimento, cut in strips
½ teaspoon oregano
½ teaspoon Spanish saffron
3/4 pound shelled raw frozen shrimp (1 pound in shells) not thawed
1 can clams or tuna (8 to 10 ounces)

Cook chicken according to "Chicken in a Pot" using 2 cups water and thinly sliced vegetables. Remove cooked chicken from broth, leaving broth and vegetables in Cooker. Bone chicken and cut meat into pieces. Return to Cooker.

In small skillet over medium heat, fry rice and garlic in olive oil or butter until rice is browned. Add to Cooker along with all remaining ingredients. Stir together thoroughly. Cover and cook on Low for 6 to 8 hours. (High: 2 to 3 hours).

CHICKEN BRAISED IN WINE

2½ pound broiler-fryer cut-up (or 3 chicken breasts, halved or 3 drumsticks and 3 thighs)
6 bacon slices, diced
2/3 cup sliced green onions
8 small white onions, peeled
½ pound whole mushrooms
1 clove garlic, crushed
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon dried thyme leaves
8 small new potatoes, scrubbed
2 cups Burgundy
1 cup chicken broth
Chopped parsley

In large skillet, saute diced bacon and green onions until bacon is crisp. Remove and drain on paper towel. Add chicken pieces to skillet and brown well on all sides. Remove the chicken when it has browned and set aside. Put peeled onions, mushrooms, and garlic in Cooker. Add browned chicken pieces, bacon and green onions, salt, pepper, thyme, potatoes, Burgundy and chicken broth. Cover and set to Low for 6 to 8 hours. (High: 3 to 4 hours).

BOUILLABAISSE
(The fisherman's stew. . .)

½ cup olive oil
½ cup chopped onion
1 tablespoon chopped garlic
½ cup chopped celery
1 can (1-pound) tomatoes
1 8-ounce can tomato sauce
2 teaspoons salt
1 tablespoon paprika
½ cup dry sherry or white wine
2 cups water
Pinch of dried basil
1½ pounds medium or large shrimp
3 sea bass or halibut steaks, cut in 1-inch pieces
1 pound crabmeat
4 medium lobster tails
1 pound clams (optional) or scallops

Put all ingredients except the seafoods in Cooker (the first 11 ingredients). Cover and cook on High for 2 to 4 hours.

Add seafoods: shrimp, halibut or bass, crabmeats, clams or scallops (if desired). Cover and cook 3 to 4 hours on High.

BEEF STEW WITH WINE

6 strips bacon or ¼-pound white bacon) cut in 1/2-inch pieces
3 pounds beef rump or chuck cut in 1-½ inch cubes
1 large carrot, peeled and sliced
1 medium onion, sliced
3 tablespoons flour
1 10-ounce can condensed beef broth
1½ cups red or Burgundy wine
1 tablespoon tomato paste
2 cloves garlic, minced
½-1 teaspoon whole thyme
1 whole bay leaf
½ pound white onions, peeled
1 pound fresh mushrooms, sliced

Cook bacon in large skillet until crisp. Remove and drain. Add beef cubes and brown well. Place browned beef cubes in Cooker. Brown carrot and onion. Season with 1½ teaspoons salt and 1/8 teaspoon pepper; stir in flour. Add broth, mix well and add to Cooker. Add cooked bacon, wine, tomato paste, garlic, bay leaf, and onions. Cover and cook on Low 8 to 10 hours. Saute mushrooms in 2 tablespoons butter and add to Cooker about 1 hour before serving.

TO THICKEN GRAVY: Turn Cooker to High. Cream 1/4 cup flour and 2 tablespoons butter. Roll in pea size balls and drop into Cooker. Bring to boil and let thicken.

POT AU FEU

2 pounds boneless rump or chuck pot roast, cut into six pieces
1 pound pork tenderloin, or well-trimmed pork chops
2 or 3 chicken breasts or thighs, halved
½ pound polish sausage, cut in serving pieces
3 carrots, scraped and cut in 3-inch pieces
Salt to taste
2 peeled onions, halved and stuck with whole cloves
2 scraped parsnips (optional)
2 stalks celery, cut in 2-inch pieces
1 10-ounce can beef bouillon
Herb Bouquet: (wrapped in cheesecloth or in tea strainer)
1 bay leaf - 6 peppercorns
½ teaspoon thyme - 4 garlic cloves

Alternate pieces of meat in Cooker with sausage on top; add vegetables on sides to fill up. Put herbs wrapped in cheesecloth or in strainer in the approximate center. Pour in bouillon. Cover and cook on Low 12 to 18 hours. Serve with cooked carrots, leeks, turnips, onions and potatoes.

SWEDISH MEAT BALLS

1 pound ground chuck
¼ pound ground veal (optional)
¼ pound ground pork
1½ cups bread crumbs
1 cup milk or cream
2 eggs
1 medium onion, finely chopped
1-3/4 teaspoons salt
3/4 teaspoon dill weed
¼ teaspoon allspice
1/8 teaspoon nutmeg
1/8 teaspoon cardamon (optional)
3 tablespoons butter or margarine
1 10½-ounce can beef broth
1/8 teaspoon pepper
½ cup light cream

(Meatballs will have finer texture if meats are ground together twice.) Soak bread crumbs in milk or cream 5 minutes. Add ground meats, eggs, onion, 1½ teaspoons salt, ¼ teaspoon dill weed, allspice, nutmeg and cardamon. Mix well and refrigerate covered for 1 hour.

Shape mixture into 1-inch diameter balls and brown lightly in hot butter. Put meatballs in Cooker as they are browned. (The browning step may be done in oven: place on rack of broiler pan and bake in 400° oven for 15 minutes). Add beef broth, pepper, light cream, pan drippings, remaining ¼ teaspoon salt and ½ teaspoon dill weed to Cooker.

Cover and cook on Low for 4 to 6 hours. (High: 1½ to 2½ hours). Recipe may be doubled if desired.

FRENCH ONION SOUP

1 quart beef bouillon or brown stock
3 cups thinly sliced yellow onions
¼ cup butter
1½ teaspoons salt
¼ cup sugar (aids browning)
2 tablespoons flour
¼ cup dry vermouth or cognac (optional)
1 cup grated Parmesan cheese

Pour bouillon or stock in Cooker; cover and set on High. Cook onions slowly in large skillet in butter; cover and let cook for about 15 minutes. Uncover and add salt, sugar and flour. Stir well. Add to stock in Cooker. Cover and cook on Low 6 to 8 hours. (High: 3 hours). Recipe may be doubled if desired.

HAM STEAK IN PORT WINE

2 ham slices, each about 3/4-inch thick
1 cup sweet cider
1 cup port wine
½ cup maple syrup
3/4 cup cranberries
3/4 cup seedless grapes (or raisins)
6 slices pineapple (optional)
4 whole cloves
Juice of 1 orange

Place ham slices in Cooker: (roll to fit, if necessary). Add remaining ingredients. Cover and cook on High for 1 hour, then on Low for 6 hours. To thicken gravy: set Cooker to High. Remove ham slices. Make a paste of 2 tablespoons cornstarch with 3 tablespoons water. Stir into Cooker. Cook on High until thick.

BEEF POT ROAST

4 to 5 pound beef chuck, arm roast or rump roast
1 garlic clove
Salt and pepper
1 chopped carrot
1 celery stalk, chopped
1 small onion, stuck with 3 cloves
½ cup dry red wine
3/4 cup dairy sour cream mixed with 3 tablespoons flour

Rub beef roast with garlic; season with salt and pepper. Place roast in Cooker and add all remaining ingredients. Cover and cook on Low 10 to 12 hours. Excellent served with hot buttered noodles.

POULTRY

CHICKEN IN A POT

1 3-pound chicken, whole or cut up
2 carrots, sliced
2 onions, sliced
2 celery stalks with leaves cut in 1-inch pieces
2 teaspoons salt
½ teaspoon coarse black pepper
½ cup water, chicken broth or white wine
½-1 teaspoon basil

Put half of carrots, onions, and celery in bottom of Cooker. Add whole chicken or chicken pieces. Top with salt, pepper, liquid and remaining half of vegetables. Sprinkle basil over top. Cover and cook until done – Low: 7 to 10 hours. (High: 2½ to 3½ hours, using 1 cup water). Remove chicken and vegetables with spatula.

CHICKEN PARISIENNE

6 medium chicken breasts
Salt and pepper
Paprika
½ cup dry white wine, vermouth (optional)
1 10½-ounce can condensed cream of mushroom soup
1 4-ounce can sliced mushrooms, drained (1/2 cup)
1 cup dairy sour cream

Sprinkle chicken breasts lightly with salt, pepper, and paprika. Place breasts in Cooker.

Mix white wine, soup, mushrooms until well combined, mixing in sour cream now if you will be cooking on low. Pour over chicken breasts in Cooker. Sprinkle with paprika. Cover and cook on Low for 6 to 8 hours. (High: 2½ to 3½ hours. Do not add sour cream until last 30 minutes of cooking). Serve sauce over chicken with rice and noodles.

TURKEY ROLL

Place 2 to 3 pound frozen turkey roll in Cooker. Cover top loosely with foil; place lid over foil. Cook on High 2 hours, then turn to Low for 6 to 8 hours. (Gravey packet may be added to the turkey in Cooker, or mixed with dressing to be packed lightly around turkey roll).

DRESSING

1 cup butter or margarine
2 cups chopped onion
2 cups chopped celery
¼ cup parsley springs
2 8-ounce cans mushrooms drained
12 to 13 cups slightly dry bread cubes
1 teaspoon poultry seasoning
2 well beaten eggs
1½ teaspoons salt
1½ teaspoons sage
1 teaspoon dried thyme
½ teaspoon pepper
½ teaspoon marjoram (optional)
3½ to 4½ cups chicken broth or turkey broth and diced giblets

NOTE: If using a seasoned stuffing mix – omit herbs and salt.

Melt butter in skillet and saute onion, celery, parsley and mushrooms. Pour over bread cubes in a very large mixing bowl. Add all seasonings and toss together well. Pour in enough broth to moisten; add beaten eggs and mix together well. Pack lightly into Cooker. Cover and set to High for 45 minutes; then reduce to Low to cook for 4 to 8 hours.

CHICKEN CACCIATORE

2 medium onions thinly sliced
2½-3 pound broiler fryer chicken, cut up
1 1-pound can tomatoes
1 8-ounce can tomato sauce
1 teaspoon salt
¼ teaspoon pepper
1-2 teaspoons oregano leaves, crushed
½ teaspoon basil, crushed
½ teaspoon celery seed (optional)
1 bay leaf
¼ cup dry white wine

Place sliced onions in bottom of Cooker. Add chicken pieces, minced garlic, tomatoes, tomato sauce, salt, pepper, herbs and white wine. Cover and cook on Low for 6 to 8 hours. (High: 2½ to 4 hours). Serve chicken pieces with sauce over hot buttered spaghetti or vermicelli. Recipe may be doubled, if desired.

SPANISH CHICKEN

3 to 4 pound chicken, cut up
Salt, pepper, paprika to taste
garlic salt (optional)
6-ounce can tomato paste
½ can beer (6-ounces)
1 small jar stuffed olives with liquid (3/4 cups)

Season washed and cut up chicken with salt, pepper, paprika and garlic salt, if desired. Place in Cooker. Mix tomato paste and beer together and pour over chicken. Add olives. Cover and cook on Low 7 to 9 hours. Serve over rice or noodles. Recipe may be doubled if desired.

SPANISH CHICKEN WITH RICE

3 to 4 pounds chicken, cut up
Salt, pepper, paprika to taste
1 large onion, chopped
1 small green pepper, chopped
2 small garlic cloves, minced
1 small can pimiento, diced
¼ to ½ teaspoon chili powder
2 bouillon cubes
¼ to ½ pound precooked pork sausages (or 1 cup diced ham)
1 pound 14-ounce can tomatoes
1 cup raw rice (long grain)
1 10-ounce package frozen peas

Season chicken pieces with salt, pepper, and paprika. Put all ingredients except rice and peas in Cooker. Cover and cook on Low for 6 to 8 hours. (High: 4 hours). Turn to High 1 to 2 hours before serving. Add rice and peas. Cover and continue cooking on High until rice is tender. Stir occasionally.

CHICKEN TETRAZZINI

- 2 to 3 cups diced cooked chicken
- 2 cups chicken broth (or 2 bouillon cubes and 2 cups water)
- 1 small onion, finely chopped
- ¼ cup sauterne, white wine or milk
- ½ cup slivered almonds (optional)
- 2 4-ounce cans sliced mushrooms, drained
- 10-ounce can cream of mushroom soup
- Parmesan Cheese
- Spaghetti

Put all ingredients except Parmesan cheese and spaghetti in Cooker. Cover and cook on High 1 hour, then on Low for 6 to 8 hours. Serve over buttered spaghetti and sprinkle generously with Parmesan cheese. The spaghetti may be placed in a large baking dish with the sauce poured in the center, and broiled until lightly browned. Recipe may be doubled, if desired.

CHICKEN TORTILLAS

- 1 fryer, cooked and boned
- 6 to 8 tortillas, broken into pieces
- 1 medium onion, chopped
- 10-ounce can cream of chicken soup
- ½ can (½ cup) tomatoes and chiles
- 2 tablespoons quick-cooking tapioca
- 2 cups grated Cheddar cheese

Cook chicken according to "Chicken In A Pot" recipe. Cut chicken into bite size pieces. Mix well with soup, tomatoes and chilies, and tapioca. Line bottom of Cooker with tortillas. Add 1/3 of chicken and soup mixture; sprinkle with onion and cheese. Repeat layers of tortillas, chicken soup mixture, onions and cheese. Cover and cook on Low 6 to 8 hours. (High: 3 hours). Recipe may be doubled, if desired.

BAKED CHICKEN HASH

3 cups chopped cooked chicken
2 small onions, chopped
2 small raw potatoes, chopped
3 carrots, chopped
2 eggs
1 teaspoon salt
3 tablespoons chopped parsley
½ to 1 teaspoon poultry seasoning or sage
1½ cups chicken gravy

Chop chicken, onion, potato and carrots with food grinder. Mix well with all remaining ingredients. Pack into greased Cooker. Cover and cook on Low for 8 to 10 hours.

ROAST CHICKEN OR HEN

3-4 pound roasting chicken or hen
Salt and pepper
Parsley
Basil OR tarragon (optional)
Butter

Thoroughly wash chicken and pat dry (patting dry assures good browning). Sprinkle cavity generously with salt, pepper and parsley. Place in Cooker; dot chicken breast with butter. Sprinkle with parsley and basil or tarragon if desired. Cover and cook on High 1 hour then turn to Low for 8 to 10 hours.

VEGETABLES

FRESH OR FROZEN VEGETABLES

Use two 10-ounce packages of frozen vegetables, or cleaned ready-to-cook fresh vegetables. Cover and cook on High for 45 minutes, then on Low 2 to 4 hours. Stir occasionally. (Vegetables may be wrapped in foil to eliminate stirring).

SUGGESTED VEGETABLES: Potatoes, broccoli spears, asparagus, cauliflower, artichokes.

NOTE: Add ½ cup water except for artichokes (2 cups).

FRESH CORN ON THE COB

Remove silks but leave green outer husks on the ears and cut off ends so corn will fit in Cooker in standing position. Wash thoroughly. Six to eight ears fit best. Cover and cook on High 45 minutes, then Low for 1½ to 2 hours. Remove husks and serve.

BAKED POTATOES

Fill the Cooker with scrubbed and well-greased potatoes. (It'll hold about 12!). Cover and cook on Low 8 to 10 hours. Do not add water.

BAKED SWEET POTATOES

Place washed, unpeeled sweet potatoes in Cooker. Add about ¼ cup water. Cover and cook on High 1 hour, then turn to Low for 6 to 8 hours or until potatoes are tender.

FRESH GREEN BEANS

2 pounds fresh green beans, washed and cut up
3-4 cups water
1 teaspoon salt
¼ pound ham or bacon pieces

Put all ingredients in Cooker. Cover and cook on Low for 10 to 24 hours. (High: 6 to 10 hours). Stir occasionally.

BAVARIAN RED CABBAGE

1 small head red cabbage, washed and coarsely sliced
1 medium onion, chopped
3 tart apples, cored and quartered
2 teaspoons salt
1 cup hot water
1½ tablespoons sugar
½ cup vinegar
3 tablespoons bacon grease or butter

Place all ingredients in Cooker in order listed. Cover and cook on Low for 8 to 10 hours. (High: 3 hours). Stir well before serving. Excellent served with a rich meat.

ACORN SQUASH

Place whole rinsed squash in Cooker. Cook as for Sweet Potatoes. Split and remove seeds when cooked; sprinkle with salt, cinnamon and dot with butter. (May be split and wrapped with foil before baking.).

ARTICHOKES

4 to 6 artichokes
Salt
Melted butter and lemon juice or Sauterne Sauce

Wash and trim artichokes. Cut off about 1-inch from top and if desired, trim tips of leaves. Stand upright in Cooker. Add ¼ teaspoon salt for each artichoke and 2 tablespoons lemon juice. Pour in 2 cups hot water. Cover and cook on low 6 to 8 hours. Serve with melted butter and lemon, or Sauterne Sauce.

Sauterne Sauce:

1 cup sauterne
3 tablespoons minced onion
2 cups mayonnaise (1 pint)
3 tablespoons parsley flakes
3 tablespoons lemon juice
1 egg, beaten

Mix well and heat slowly. Dip artichoke leaves and hearts into sauce.

FONDUE COOKING

HEARTY FONDUE

1-3/4 cups milk
2 8-ounce packages cream cheese, cubed
2 teaspoons dry mustard
¼ cup chopped green onion
1 2¼-ounce jar sliced dried beef, diced
French bread, cut into bite-size pieces

Heat milk in Cooker on High. Add cream cheese. Stir until cheese is melted. Add mustard, onion and dried beef. Cook 5 minutes longer, then set on Low for serving with bread pieces.

DESSERT FONDUE

6 1-ounce squares unsweetened or semi-sweet chocolate
1½ cups sugar
½ cup butter or margarine
1/8 teaspoon salt
3 tablespoons creme de cocoa, rum, or orange flavored liqueur
¼ cup milk or cream

Put all ingredients in Cooker. Stir together thoroughly. Cover and set to High for 30 minutes. Stir well and set to Low 2 to 6 hours. Dessert Fondue Dippers: Angel cake, pound cake, marshmallows, apples, bananas. (Cut in bite-size pieces).

CHILI-CHEESE DIP

1 pound lean ground beef
1 pound processed American cheese, cut in small pieces
1 can (8 to 10 ounces) green chilies and tomatoes
2 teaspoons Worcestershire
½ teaspoon chili powder

Brown ground beef well and drain off excess grease. Put ground beef and all remaining ingredients in Cooker. Stir well. Cover and cook on High for 1 hour, stirring until cheese is fully melted. Serve immediately or turn to Low for serving up to 6 hours later. Serve with tortilla or corn chips.

For Thicker Dip: Stir in a paste of 2 tablespoons flour and 3 tablespoons water.

SEAFOODS

CURRIED SHRIMP

1 small onion, finely chopped
2 cups cooked shrimp
1-2 teaspoons curry powder
1 can frozen shrimp soup, partially thawed
1 cup dairy sour cream

Put all ingredients except sour cream in Cooker. Cover and cook on Low 5 to 6 hours. Stir in sour cream and heat. Serve over rice.

SUGGESTION: Serve with curry condiments: chopped almonds, bacon crisps, boiled eggs.

This recipe may be doubled, if desired.

JIFFY LOBSTER NEWBURG

1 can frozen condensed cream of shrimp soup
3/4 cup evaporated milk or cream
2 egg yolks, beaten
5 ounces canned or frozen lobster, flaked
4-ounce can sliced mushrooms, drained
2 tablespoons sherry

Place all ingredients in Cooker. Cook on high and stir occasionally until soup is melted. Cover and cook on Low 4 to 6 hours. Serve over hot rice, chow mein noodles, or in puff pastry shells. Recipe may be doubled, if desired.

Shrimp Newburg: 1½ cups cooked and drained shrimp may be substituted for lobster.

SPICED SHRIMP

1½ to 2 pounds fresh or frozen shrimp in shells
3 cups water or beer
1 tablespoon salt
1 packet shrimp spices or 1½ tablespoons mixed pickling spices

Put all ingredients in Cooker. Cover and cook on Low 3 to 5 hours. NOTE: If desired, fill Cooker with water or beer, salt, and spices, and cook all day on Low. Then turn to High, add shrimp, cook on High 30 to 45 minutes or until shrimp turn pink.

OYSTER STEW

1 quart milk
¼ cup margarine or butter
2 teaspoons salt
½ to 1 teaspoon Worcestershire sauce
2 tablespoons flour mixed with 2 tablespoons water (optional)
1 pint oysters with liquid
Cayenne pepper

Put all ingredients except oysters in Cooker. (Use optional flour/water paste for thicker soup). Cover and cook on High 1½ hours. Stir well. Add oysters and cook on Low for 2 to 4 hours. Sprinkle with cayenne and serve hot.

SEAFOOD CHOWDER

2 pounds fresh or frozen fish fillets (haddock, cod, etc.)
¼ pound salt pork or bacon, diced
1 medium onion, chopped
4 medium potatoes, pared and cubed
2 cups water
1½ teaspoons salt
¼ teaspoon pepper
1 can (14-ounce) evaporated milk

Thaw frozen fillets and cut into bite-size pieces. In small skillet saute salt pork and onion until golden; drain and put into Cooker with fish. Add all remaining ingredients. Cover and cook on High for 2 hours, then turn to Low for 4 to 6 hours or until potatoes are tender. Serve in large bowls with crusty French bread.

NEW ENGLAND CLAM CHOWDER: Substitute 3 7-ounce cans of clams with liquid for 2 pounds of fish.

SHERRIED CRAB MEAT

1 13-ounce can crab meat (or equal amount frozen)
3 tablespoons butter
¼ cup dry sherry
¼ cup light cream
1 egg, beaten
1 10-ounce can Golden Mushroom or Cream of Mushroom soup
½ teaspoon Worcestershire
2 green onions with tops, finely chopped
Salt and pepper

Remove any cartilage or shell from crab meat; break into pieces and place in Cooker. Add all remaining ingredients. Stir gently. Cover and cook on High for 1 hour then on Low for 4 to 6 hours. Serve over hot toast or in patty shells.

RICE 'N CLAMS

¼ cup (½ stick) butter or margarine
1 small onion, finely chopped
1 stalk celery, finely chopped
1 cup raw rice (long grain)
2 cups chicken broth (or 2 cups water and 2 bouillon cubes)
½ cup grated Parmesan cheese
2/3 cup ripe olives, chopped
7 -ounce can minced clams (with liquid)

Place all ingredients in Cooker. Stir well. Cover and cook on High 1 hour, then on Low 4 to 6 hours.

SALMON CHEESE CASSEROLE

1 pound can salmon (with liquid)
1 4-ounce can mushrooms drained
1½ cups bread crumbs
2 eggs beaten
1 cup grated cheese
1 tablespoon lemon juice
1 tablespoon minced onion

Flake fish in bowl, removing all bones. Add all remaining ingredients and mix thoroughly. Pour into lightly greased Cooker. Cover and cook on High 1 hour then turn to Low for 3 to 4 hours.

MANHATTAN CLAM CHOWDER

¼ pound salt pork or bacon diced and fried
1 large onion, chopped
2 carrots, thinly sliced
3 stalks celery, sliced
1 tablespoon parsley flakes
1 1-pound 12-ounce can tomatoes
1½ teaspoons salt
2 or 3 cans clams (about 7 or 8 ounces each) with liquid
2 whole peppercorns
1 bay leaf
1½ teaspoons dried thyme, leaves, crushed
3 medium potatoes, pared and diced

Put all ingredients in Cooker. Cover and cook on High 1 hour then on Low for 8 hours.

CHEESE DISHES

WELSH RABBIT

2 pounds sharp Cheddar cheese, shredded
1 teaspoon salt
2 teaspoons dry mustard
Cayenne pepper
2 cups beer or ale
2-3 teaspoons Worcestershire sauce
10-ounce can tomato soup
4 egg yolks, beaten
8 toast slices, or bread sticks or saltines

Put all ingredients except egg yolks and toast or crackers into Cooker. Cover and cook on High until cheese melts; stir well. Beat in egg yolks, using medium or low speed of mixer; beat until smooth. Turn to Low until serving time – 2 to 6 hours. Serve over toast slices or crackers, or as a hot dip with bread sticks.

MACARONI AND CHEESE

3 or 4 cups cooked macaroni
Sauce:
2 cups evaporated milk
½ teaspoon paprika
1 teaspoon salt
2 tablespoons minced onion
1 egg, beaten (optional)
2 cups cubed cheese (Cheddar or processed)
2 tablespoons butter

Put all sauce ingredients in Cooker. Stir well. Cover and cook on High 1 hour, stirring occasionally. Add cooked and drained macaroni. Cover and cook on Low for 3 to 5 hours.

For thicker recipe: Add 1 beaten egg to sauce mixture before adding cooked macaroni.

CHEESE "SOUFFLE" CASSEROLE

8 slices bread, crust removed
8 ounces Cheddar, Swiss American Cheese, grated
1 cup cooked & chopped meat or shrimp (optional)
1 cup light cream or milk
1 cup evaporated milk
¼ teaspoon salt
1 tablespoon parsley
Paprika

Lightly grease Cooker. Alternate layers of bread and cheese and, if desired, meat. Beat together eggs, milk, salt and parsley. Pour over bread and cheese in Cooker. Sprinkle top with paprika. Cover and cook on High 30 minutes, then turn to Low for 3 to 4 hours.

BEANS

Cooking time for dry beans will vary according to their age and growing locale – usually unknown to you. To be on the safe side, soak overnight in 3 times their volume of water, or boil in plenty of water for 5 minutes, then allow to stand, covered, for about 1½ hours.

HAM AND LIMA BEANS

1 pound dry lima beans (soak overnight)
1 large onion, chopped
1 large green pepper
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon pepper
¼-½ pound ham or bacon cut in small pieces
1 cup water
1 can tomato soup

Put all ingredients in Cooker. Stir together well. Cover and cook on Low for 7 to 10 hours. (High: 4 to 5 hours). Serve with wedges of hot bread.

OLD FASHIONED BEAN SOUP

1 pound dry navy beans (Soak overnight)
2 quarts water
1 pound meaty ham bones or pieces
1 teaspoon salt
5 whole peppercorns or ½ teaspoon pepper
½ cup chopped celery leaves
1 medium onion, chopped
1 bay leaf (optional)

Put all ingredients in Cooker. Cover and cook on low for 10 to 12 hours. (High: 5 to 6 hours, but beans must be pre-soaked). Makes 2½ quarts.

NEW ENGLAND BAKED BEANS

1½ pounds dry navy beans (3 cups) (Soak overnight)
5 cups water
1 medium onion, chopped
2/3 cup sugar (optional)
1 tablespoon salt
1 cup brown sugar
2 tablespoons dark molasses
2 teaspoons dry mustard
1½ cups ketchup
¼ pound salt pork, cut in ½-inch cubes

Put all ingredients in Cooker in order listed. Stir thoroughly. Cover and cook on Low 14 to 18 hours. (High: 8 to 10 hours).

SOUPS & SAUCES

ITALIAN MEAT SAUCE

1 cup chopped onion
1-1½ pounds ground chuck (extra lean)
2 cloves garlic
2 large cans tomatoes (1 pound, 12-ounce cans)
1 6-ounce can tomato paste
6 ounces water (optional)
2 stalks celery with tops, chopped
2 teaspoons salt
½ teaspoon monosodium glutamate
3 teaspoons dried oregano crushed
¼ teaspoon dried thyme, crushed
1 bay leaf

Put all ingredients in Cooker. Stir thoroughly. Cover and cook on Low for 10 to 18 hours. (High: 6 to 8 hours).

VEGETABLE-BEEF SOUP

- 1-2 pounds beef shanks, oxtails, short ribs or veal bones
- 1 pound can of tomatoes
- 2 carrots, sliced
- 3 stalks celery with tops, sliced
- 2 medium onions, diced
- 2 medium potatoes, diced
- 3 cups water
- 1 teaspoon salt
- 4 peppercorns
- 3 beef bouillon cubes
- 1 package (10-ounce) frozen mixed vegetables, peas or lima beans

Put all ingredients in Cooker. Cover and cook on Low for 12 to 24 hours. (High: 7 to 10 hours).

CHILI

- ½ pound dry pinto or kidney beans
- 2 cups water
- 2 1-pound cans tomatoes
- 1 pound coarsely ground chuck (browned)
- 2 medium onions, coarsely chopped
- 1 green pepper, coarsely chopped (optional)
- 2 cloves garlic, crushed
- 2-3 tablespoons chili powder
- 1½ tablespoons salt
- 1 teaspoon pepper
- 1 teaspoon apple cider-vinegar (optional)

Soak dry beans in water overnight.

Put all ingredients in Cooker in order listed. Stir once. Cover and cook on Low for 10 to 12 hours. (High: 5 to 6 hours, only if canned beans are used).
NOTE: When using canned beans (two 1-pound cans), drain liquid.

POTATO SOUP

- 6 potatoes, peeled and cut into bite-size pieces
- 2 leeks, washed and cut into bite-size pieces (optional)
- 2 onions, chopped
- 1 carrot, pared and sliced
- 1 stalk celery, sliced
- 4 chicken bouillon cubes
- 1 tablespoon parsley flakes
- 5 cups water
- 1 tablespoon salt
- pepper
- 1/3 cup butter
- 1 can evaporated milk
- Chopped chives

Put all ingredients in Cooker. Cover and cook on Low 4 to 6 hours. (High: 2 hours, stirring occasionally). Serve in warm bowls, top each serving with crisp croutons.

CHEESE SOUP

2 cans cream soup (celery, mushroom or chicken)
1 cup beer or milk
1 pound Cheddar cheese, cubed
1 teaspoon Worcestershire sauce
¼ teaspoon paprika
Croutons

Put all ingredients in Cooker except croutons. Cover and cook on Low for 4 to 6 hours. (High: 2 hours, stirring occasionally). Serve in warm bowls, top each serving with crisp croutons.

HAM AND BEAN SOUP WITH VEGETABLES

1 pound dried Navy or pea bean, presoaked and drained
4 cups water
1 ham butt (2 to 3 pounds)
1 onion, sliced
2 garlic cloves, chopped
1 green pepper, cut into strips
1 hot pepper (optional)
1 10-ounce package frozen limas
1 10-ounce package frozen peas
1 carrot , sliced
½ small head cabbage, shredded
Salt and Pepper

Place all ingredients except frozen vegetables and cabbage in Cooker. Cover and cook on Low 12 to 18 hours. Turn to High and remove ham. Add peas, limas and cabbage. Cook for 1-2 hours on High or until vegetables are tender. Serve large bowls of this thick soup with crusty French bread.

MINESTRONE

1 quart (4 cups) water
2-3 pounds beef shank
1-2 pounds marrow beef bones (2 or 3 bones – optional)
1 medium onion, diced
2 carrots, diced
2 stalks celery with tops, sliced
1 cup diced leeks (optional)
1 large can tomatoes (1-pound)
10-ounce package frozen vegetables
2 teaspoons salt
1 zucchini, sliced
1 cup shredded cabbage
1 tablespoon dried basil
1 clove garlic, minced
½ cup vermicelli or a 1-pound can garbanzo beans
1 teaspoon oregano

Prepare the stock a day in advance: place water, beef shank and marrow bones in Cooker. Cover and cook overnight (8 to 12 hours) on Low. Remove meat and bones from liquid. Cool. Scoop marrow from bones and return lean meat to stock. (Can be done in advance and refrigerated).

Add all remaining ingredients to 2 cups stock in Cooker. Cover and cook on Low 6 to 8 hours. (High: 4 hours).

Ladle into bowls and sprinkle with Parmesan cheese. Serve with crusty French bread.

LENTIL-VEGETABLE SOUP

2 cups lentils, rinsed and drained
5 cups water
2 slices bacon, diced
1 medium onion, chopped
1 carrot, thinly sliced
2 stalks celery w/tops, sliced
1 garlic clove, minced
2½ teaspoons salt
¼ teaspoon pepper
½ teaspoon dried oregano, crushed
1-pound can tomatoes
2 tablespoons wine vinegar

Put all ingredients in Cooker. Mix together well. Cover and cook on Low 8 to 10 hours. Before serving, season to taste.

SPLIT PEA SOUP

Follow recipe for Old Fashioned Bean Soup, substituting 1 pound dry green split peas for dry Navy beans. Soak split peas in water before cooking.

CEREALS – RICE

CEREALS

Oatmeal Cracked Wheat Grits Cornmeal Mush

Follow package directions for quantity of water and salt per cup of cereal. Cover and cook on Low for 8 to 9 hours. Do not use quick-cooking varieties.

PERFECT RICE COOKER

Rice
Water
Salt
Butter or Margarine

Follow directions on rice package for proportion of rice to water. (Up to 4 cups raw rice may be prepared in Cooker – makes 10 cups cooked). Rub Cooker lightly with 1 tablespoon butter or margarine. Pour in rice, water and salt, Cover and cook on High for 1½ to 2½ hours, stirring occasionally.

OLD FASHIONED RICE PUDDING

2½ cups cooked rice
1½ cups evaporated milk (or scalded milk)
2/3 cup brown sugar (or white sugar)
3 tablespoons soft butter
2 teaspoons vanilla
½ to 1 teaspoon nutmeg
3 eggs, beaten
½ to 1 cup raisins

Thoroughly combine rice with all remaining ingredients. Pour into lightly greased Cooker. Cover and cook on High for 1 to 2 hours. (Low: 4 to 6 hours). Stir during first 30 minutes.

FRUITS

HOT FRUIT COMPOTE

1 pound dried prunes
1-1/3 cups dried apricots
1 can (13½ ounce or 1-2/3 cups) pineapple chunks, undrained
1 1-pound can pitted dark sweet cherries, undrained
¼ cup dry white wine
2 cups water

Put all ingredients in Cooker. Cover and cook on Low overnight (7 to 8 hours). High: 3 to 4 hours). Serve warm.

BAKED APPLES

6-8 medium baking apples washed and cored
2 tablespoons raisins
¼ cup sugar
1 teaspoon cinnamon
2 tablespoons butter

Mix raisins and sugar, fill center of apples. Sprinkle with cinnamon and dot with butter. Place in Cooker; add ½ cup water. Cover and cook on Low overnight or 8 hours.

DRIED FRUITS

Place dried fruit in Cooker. Add minimum water as directed on dried fruit package. Cover and cook on Low overnight. Serve warm with sour cream and dash of nutmeg.

CHUNK-STYLE APPLESAUCE

8 to 10 large cooking apples peeled, cored and sliced or cut in chunks
½ cup water
1 teaspoon cinnamon
½ to 1 cup sugar

Put all ingredients in Cooker. Cover and cook on Low overnight (8 to 10 hours). Serve warm with or without cream.

PRESERVES – RELISHES

NOTE:
You may use your Cooker to simmer jams or preserves. Occasional stirring is necessary on High, it will not scorch. If thicker preserve is desired, continue cooking overnight on Low with cover removed. No need to stir on Low setting.

PEACH OR APRICOT BUTTER

4 1-pound 14-ounce cans peaches or apricots, drained
3-4 cups sugar
2 teaspoons cinnamon
1 teaspoon cloves

Drain fruit and remove pits; puree fruits using blender or food strainer. Pour into Cooker. Add remaining ingredients. Cover and cook on High 8 - 10 hours. Remove cover during last half of cooking. Stir occasionally.

VARIATION: Fresh peach or Apricot Butter: Wash, peel, pit and cook fruit until soft. Add sugar when cooked. (using ½ to 3/4 cup sugar to each cup of fruit). Add spices and cook as directed in recipe.

CHILI SAUCE

5 dried chili peppers, or 4-ounce can red chilies
3 1-pound cans tomatoes
1 medium onion, chopped
2 cloves garlic, minced
¼ cup olive oil
2 tablespoons parsley flakes
¼ cup brown sugar
2 teaspoons salt
1 teaspoon fresh ground pepper
3 tablespoons red wine vinegar

Put all ingredients in Cooker. Cover and cook on Low 12 to 18 hours. (High: 5 to 6 hours). Remove cover during last hour. NOTE: Consistency is improved if you put half the sauce at a time in blender container and blend until smooth.

IMPORTANT SAFEGUARDS AS SUGGESTED BY U/L

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces . Use handles or knobs.
3. To protect against electrical hazards do not immerse cord, plugs, or Slow Cooker in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use: allow to cool before putting on or taking off parts and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug. The temperature control switch must be protected from physical damage at all times. To check for malfunction, pilot light should not go on when control switch is in "off" position.
7. Do not let cord hang over edge of table or counter, or touch hot surfaces.
8. Do not place on or near a hot gas or electric burner, or in a heated oven.
9. Extreme caution must be used when moving an appliance containing hot ingredients.
10. To disconnect, turn control to "off" then remove plug from wall outlet.
11. Do not use appliance for other than intended use.
12. Save these instructions.

PARTS FOR SLOW COOKER MODEL VRF-46344A

FULL 1 YEAR WARRANTY

Montgomery Ward will replace this Montgomery Ward appliance FREE if it fails within one year of purchase. Simply return to any Montgomery Ward location. Failure due to accident or abuse is not covered.

SERVICE NATIONWIDE

MONTGOMERY WARD

The merchandise you have purchased from us has been carefully engineered and manufactured under Wards rigid quality standards and should give you satisfactory and dependable operation. However, like all mechanical merchandise, it may occasionally require adjustment or maintenance. Should you ever need technical assistance, please contact or write your nearest Wards Retail Store, Catalog Store or Catalog House.

PROVIDE THE FOLLOWING:

1. Model, serial number and all of the other data shown on the model base plate.
2. The date and the Wards branch from which you purchased your merchandise.
3. State briefly the trouble you are having.

Form No. 86-579B*1074